

HALIFAX metro®



Updates on Chain of Lakes costs

Halifax Water says developers, not ratepayers, to foot most of the bill **PAGE 3**

Postpartum blues hit city moms more

Women in Canada's big cities suffer more than moms in rural areas, study says **PAGE 5**

Rainmen name new head coach

'Our expectations are very high,' says prez and CEO Andre Levingston **PAGE 17**

ONE MAN'S 'RIDICULOUS' IS ANOTHER WOMAN'S STIMULUS

MATT DAMON FEELS SILLY GOING BUFF FOR ELYSIUM (BUT GUESS WHO'S NOT COMPLAINING?) **PAGE 11**



'ISOLATED INCIDENT'

Mike MacDonald, curator of the Maritime Reptile Zoo in Burnside, holds "Tiny," an albino Burmese Python. MacDonald says the death of two young boys allegedly strangled by a python in New Brunswick was an unprecedented and tragic accident. More coverage, pages 4 & 5. JEFF HARPER/METRO

HRM cuts back N.S. to-do list

10 out of 33. Council, amid some consternation, approves new list of legislative amendment requests



HALEY RYAN
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A list of requests to the province to change legislation governing HRM's authority has shrunk drastically — and the trim caught some regional councillors off guard.

City staff reviewed the backlogged 33 legislative amendment requests made to the province in the last seven years, and presented council with a report Tuesday recommending keeping just 12 on the books.

Councillors debated the new list for more than an hour, raising concerns about

the origin and age of some of the requests.

"I have a little wee bit of problem with this moving forward," said Coun. Bill Karsten, referring to a request to allow the Utility and Review Board to conduct boundary reviews. "I have some concern this is actually here without this council having discussed this issue."

Staff said 2010 was the last time council looked at the boundary issue.

Karsten said items submitted by staff "must be" directed by the acting council, and asked to defer the boundary review to a standing committee.

Coun. Gloria McCluskey also succeeded in deferring suggested changes to commercial tax assessments until the proposal could be discussed at the audit and finance committee.

The new model would use a rolling average of three years of assessments instead of just one.

Coun. Tim Outhit supported the deferral because the model was the only option brought to the audit and finance committee.

He said the committee hadn't directed staff to submit it as a provincial request.

"But I'm hoping this won't be deferred for more than a few months," Outhit said, citing the "horrific spikes" some businesses face in taxes.

The request identified as the top priority will allow HRM to collect Capital Cost Contributions (CCC) from developers on the growth-related costs of fire services, recreation facilities and libraries.

Coun. Wayne Mason amended that request so the municipality wouldn't be inadvertently limited to collecting CCCs on only fire, library and recreation facilities and services down the road.

Ultimately, just 10 legislative amendment requests, for now, will be submitted to the province.

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Ratepayers won't foot the bill for digging up Chain of Lakes Trail

Sewage pipe. Halifax Water retracts info presented to council last week



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Contrary to information given to regional council last week, regional developers and not the average Halifax Water ratepayer will pick up most of the tab for the Chain of Lakes Trail pipeline.

Starting this fall, the popular trail will be dug up in sections over two years to make room for a sewage pipe connecting the Beechville facility to Halifax.

Halifax Water representative John Sheppard told council last Tuesday that the cost of the \$25-million project would be borne by residents. But that information was "not correct,"

Nobody's perfect

"It really was just a mistake."

James Campbell, spokesperson, Halifax Regional Water Commission

spokesperson James Campbell said Tuesday.

"There was an impression it was all being funded by ratepayers because that's what Mr. Sheppard unfortunately said," Campbell said.

Coun. Linda Mosher said she discovered the slip-up last Wednesday morning, when she met with Halifax Water to confirm the total cost.

The utility sent a memo to councillors on Friday addressing the mistake.

"It was in my process of verifying everything," Mosher said after Tuesday's council meeting.

Campbell said the formula has always stated that 90 per cent of the project cost will be



Come the fall, the popular Chain of Lakes Trail will be dug up in sections over two years to make room for a sewage pipe connecting the Beechville water treatment plant to Halifax. JEFF HARPER/METRO

collected through a regional development charge and 10 per cent will come from ratepayers.

This lowers the cost to a possible \$2.5 million for all Halifax Water customers, but Campbell stressed that the final cost

and design have yet to be determined, pending approval from the Utility and Review Board.

Mosher said despite the confusion over who was paying what, the trail always remained the best alternative to digging up Fairview streets or

building a new pump station in Beechville.

"Fairview would be \$9 million more expensive, and that's why I voted for (the trail)," Mosher said, adding she would save the trail if she could.

Council approves 'critical' motion on lake testing



Kids play in the heat last summer on Lake Banook in Dartmouth. METRO FILE

The lakes around HRM are one step closer to getting regular testing after council asked staff to explore reinstating the Lakes Water Quality Sampling Program.

On Tuesday, Coun. Darren Fisher asked for a report on how much the program would cost and how to get better use out of the data collected, or "perhaps better data," in 2014.

"I think it's so critical we keep sampling our lakes," said Dartmouth councillor Gloria McCluskey, adding that Banook and Micmac lakes are in "serious trouble."

Coun. Barry Dalrymple said testing lakes is good, but the old program was cut two years ago because it cost more than \$100,000 a year to collect baseline data that the municipality already had.

Since then, he's heard about the issue from environmental groups and beachgoers who aren't satisfied with the level of testing.

"It is a service that the people are demanding, and I think it's up to us to bring it back and make it as effective as we can," he said.

HALEY RYAN/METRO

Beach upgrades coming

HRM lakes flush with success

Two of HRM's most popular swimming spots are getting permanent washrooms.

On Tuesday, regional council awarded the tender for new Chocolate Lake and Albrow Lake washrooms to Dora Construction Ltd.

"Making our natural resources more inviting and family-friendly and accessible is very important," Coun. Jennifer Watts said.

The upgrades include the washroom and change-room buildings, landscaping and emergency access to the beach. An accessible link will also be created from the parking lot to the Chocolate Lake beach and tennis courts.

HALEY RYAN/METRO

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Busker Festival. 'One of the best we've had'

The acrobats, musicians and suspiciously life-like statues that adorned the Halifax boardwalk in early August have packed it in for another year.

The performers wrapped up their six-day spectacle along the waterfront on Monday, concluding the 27th annual Busker Festival.

Kim Hendrickson, president of Premier Entertainment Group, says this year's performance was "one of the best we've had in a long time."

"The crowds were just phenomenal," she said Tuesday. "We had the weather, we had our best roster ever, and during that week we were listed on the National Geographic Top 10 Things To Do in August worldwide."

Around 30 performers representing 17 acts from around the world — from Melbourne to New York — participated in this year's festival.

Hendrickson estimates as many as 300,000 people made



Hula Hoop artist Lisa Lottie performs during the opening day of the Halifax International Busker Festival last week. JEFF HARPER/METRO

it down to catch the crowd-pleasing buskers in action.

She said dropping the festival from 11 days to six was a challenge, but the Buskerfest team didn't skip a beat.

"When we had 11 days it gave us the opportunity to tweak things over the first two or three days and then run smoothly," she said. "We had to be running smoothly in the first hour — and we were."

CLARK JANG/FOR METRO

SiRT investigating. Halifax police officer accused of sexual assault

Halifax Regional Police has asked the provincial independent unit that investigates serious incidents involving police to look into allegations of sexual assault involving a police officer.

A release from HRP states a woman made a complaint on July 26 about an officer's conduct.

The woman provided a formal statement on Aug. 2, and HRP "determined the complaint pertained to an allegation of sexual assault involving a Halifax Regional Police constable."

Quoted

"We take allegations against our officers very seriously and realize they potentially undermine public confidence."

Halifax Regional Police release

The complaint was referred to the Serious Incident Response Team (SiRT) on Aug. 2, and the officer was suspended from duty on Tuesday, pending the outcome of the investigation. METRO

Attempted murder

Man charged in Dartmouth stabbing

Police have laid charges in relation to a weekend stabbing in Dartmouth.

Troy Jeremiah Bowden, 22, was arrested Monday morning by Halifax Regional Police officers at an apartment on Garshan Road in Dartmouth.

He faces six charges connected to the stabbing of a 27-year-old man in an apartment building on

Albro Lake Road on Sunday night.

The victim suffered non-life-threatening injuries.

Bowden, who is known to police, is facing charges of attempted murder, assault, and breach of probation. METRO

Correction

An editing error occurred in the Eastern Passage Business Ventures section on Aug. 6. The Eastern Passage Cow Bay Summer Carnival continues until Sunday, Aug. 11. We apologize for any inconvenience this has caused.



Mike MacDonald, curator of the Maritime Reptile Zoo in Burnside, holds Tiny, an albino Burmese python, for a photo on Tuesday. JEFF HARPER/METRO

Python killing of two N.B. boys 'unprecedented,' local expert says

Safety. Owner of reptile zoo in Burnside says inspections conducted regularly to ensure animals are securely penned

CLARK JANG

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The curator of a Halifax reptile zoo calls the death of two New Brunswick boys "a tragic accident."

Mike MacDonald, curator of the Maritime Reptile Zoo in Burnside, says the incident that transpired in Campbell-

ton, N.B., is incredibly rare.

"This is definitely not the norm," he said. "It's an extremely isolated incident. For one, let alone two, is just unprecedented."

RCMP believe Noah and Connor Barthe were strangled by an African rock python on Monday after the snake escaped from its enclosure in the apartment. The snake got into the air ventilation system and then into the living room of the apartment and asphyxiated the boys while they slept.

Nova Scotia currently bans the import of seven species of snakes that can grow longer than three metres, including the African rock python. In some instances, a permit may be issued to people or busi-

nesses if they can demonstrate proper care of the snakes and have adequate facilities, such as MacDonald and the Maritime Reptile Zoo.

While no actual guidelines exist for the containment of large snakes, MacDonald says legislation isn't necessary.

"If you have a dog, you want to keep it secure," he said.

"It's the same thing with reptiles. You want to have a secure enclosure, if not for your own safety (then) the safety of the animal."

While African rock pythons typically have nastier dispositions than other large snakes, MacDonald said every snake has its own personality and the public shouldn't be too quick to generalize their behaviour.

Read more

For more coverage of the Campbellton tragedy, see page 5.

"I've had African rock pythons that were a dream to handle — easy, no sign of defense, no sign of aggression whatsoever," he said. "Then I've had other ones where it's extremely defensive."

The python in Campbellton has since been put down.

"It's not overly fair to the animal, but unfortunately that's how it played out," he said. "There's two little boys that are also gone."

Recent leaks preventable, more safety measures needed: Heritage Gas



Firefighters respond to the scene of a natural gas leak last month on South Park Street in Halifax. JEFF HARPER/METRO

Heritage Gas says two separate natural gas leaks on the same day in Halifax last month were preventable had the contractor followed the company's construction safety practices.

The natural gas company says it has filed a report with the Nova Scotia Utility and Review Board that says Sackville Trenching Ltd. lost markings during the excavation process that highlighted the location of natural gas lines in Dartmouth

and Halifax.

Heritage Gas says Sackville Trenching also didn't follow planning and excavation procedures in the project in Halifax's south end.

"Because safety is job one at Heritage Gas, we have very clear construction safety practices around our infrastructure. We train our contractors on those practices and we expect our contractors to follow those practices to the letter,"

said Heritage Gas president Bill Swan, in a release.

The company says it will implement additional measures to ensure safety practices are followed, including more inspections of the work and more training of contractors.

Officials with Heritage Gas have met with Sackville Trenching to review what happened.

The July 16 gas leaks forced the evacuation of two neighbourhoods. THE CANADIAN PRESS

Apparent python strangling leaves city in utter disbelief

Two dead. Family and friends reminisce over brothers, struggle to cope with 'bad dream'

The deaths of two boys, who police believe were killed by an African rock python while they slept at a friend's apartment, has rattled the northern New Brunswick city of Campbellton, where the children were remembered Tuesday as fun-loving free spirits.

Noah and Connor Barthe, aged four and six, were found dead Monday after the 45-kilogram snake escaped its enclosure in the apartment, slithered through a ventilation system above and fell through a ceiling into the living room where they were sleeping, police said.

Dave Rose, the great uncle of the boys, said Noah was looking forward to starting kindergarten this fall before "this awful tragedy."

Rose said the boys were



From left, Noah Barthe, Mandy Trecartin and Connor Barthe in an undated photo. RCMP in Campbellton, N.B., said the boys, aged four and six, were found dead Monday morning. FACEBOOK/THE CANADIAN PRESS

spending the day with family friend Jean-Claude Savoie, who took them shopping and to a farm before they returned to his apartment.

"They were two typical children; they enjoyed life to a maximum," Rose said.

The Facebook page of the

boys' mother, Mandy Trecartin, shows a mom devoted to and proud of her boys.

"My two super handsome boys sporting their Christmas PJ's," Trecartin wrote on a photo of the boys in front of a Christmas tree last year.

"I can't believe this is

real," Savoie told Global News on Monday. He said he didn't hear a sound and only discovered the "horrific scene" when he went into his living room that morning. At that point, Savoie said he pinned the snake down and put it in a cage. **THE CANADIAN PRESS**

Autopsy, necropsy

The search for answers continues

The RCMP said the boys were found dead Monday at around 6:30 a.m. in an apartment located above Reptile Ocean, an exotic pet store.

The RCMP said Monday they believe the snake strangled the boys, but Sgt. Alain Tremblay said Tuesday investigators are waiting for the results of an autopsy on the children as well as a necropsy on the snake.

Asked why anyone in the apartment didn't appear to have heard anything, Tremblay said that was still under investigation.

The snake was later captured by Savoie, who also owns Reptile Ocean.



Reptile Ocean in Campbellton, N.B. THE CANADIAN PRESS

It was later put down by a veterinarian and sent for a necropsy to help determine what may have prompted it to attack the boys, Tremblay said.

New Brunswick's Natural Resources Department said a special permit is required for African rock pythons and that the snake's owner didn't have one.

Urban moms at higher risk of postpartum depression: Study



The symptoms of postpartum depression are more intense and last longer than the typical baby blues. ISTOCK

New mothers living in big cities in Canada have a higher risk of postpartum depression than women in less populated areas, a study has found.

Postpartum depression can occur after a woman gives birth and is a serious health risk for both women and their babies. The symptoms are more intense and longer-lasting than the typical baby blues and may interfere with a mother's ability to care for her child.

The study, published Monday in the Canadian Medical

Association Journal, is based on a 2006 national survey of almost 6,500 new mothers. It found that almost 10 per cent of the women living in cities with a population of at least 500,000 reported experiencing postpartum depression.

That's compared to six per cent of new moms in rural areas, almost seven per cent in semi-rural or small-town areas and about five per cent in semi-urban areas.

"Social support was a major factor," said lead author Dr. Simone Vigod, a psychia-

trist at Women's College Hospital in Toronto. "So women in large urban areas were reporting much lower levels of social support than women in all three other groups."

Many large cities also have a higher percentage of immigrants.

"And those women in particular in our study appeared to be at increased risk," explained Vigod, adding that women whose families live elsewhere may not have the same kinds of support.

THE CANADIAN PRESS

Symptoms

Most new mothers experience mood disruptions. But symptoms of postpartum depression go beyond those reactions to include:

- Loss of appetite, insomnia, intense irritability and anger, lack of joy in life, feelings of guilt or inadequacy, difficulty bonding with the baby, and suicidal thoughts.

Rights investigation

Company sorry gay couple allegedly sent to back of bus

The company that runs the shuttle service to the Albuquerque, N.M., airport's rental-car centre is apologizing after a driver allegedly ordered a gay couple to sit in the back of the shuttle bus.

Standard Parking Inc. said

it respects the equal rights of all customers and doesn't tolerate discrimination of any kind. It also said the employee was suspended after the company learned in July of the late June incident.

According to a police report, one of the men involved said they'd been holding hands and that the driver ordered them to the back when one of them started to sing.

THE ASSOCIATED PRESS

'No more pain'

Baby best man dies of leukemia

The mother of a terminally ill two-year-old Pennsylvania boy who served as his parents' best man at their wedding says he has died.

The boy, who had leukemia and other complications, was dressed in a tan pinstripe suit for Saturday's wedding. **THE ASSOCIATED PRESS**



Christine Swidorsky with her best man Logan Stevenson, 2. ERIC SCHMADEL/TRIBUNE REVIEW/THE ASSOCIATED PRESS

Climate change

Sea, snow and ice simmered in 2012, grand study shows

A massive U.S. study by the National Oceanic and Atmospheric Administration says the world in 2012 sweltered with signs of climate change. Rising sea levels, snow melt, heat buildup in the oceans as well as melting Arctic sea

ice and Greenland ice sheets all broke or nearly broke records.

National Climatic Data Center director Tom Karl says surface temperatures haven't risen in the last 10 years, but he notes that is only a blip in time, subject to natural variability. Since records were first kept in 1880, all 10 of the warmest years ever have been in the past 15 years, NOAA records show. **THE ASSOCIATED PRESS**

Quebec. Father could face criminal charges after kids go car surfing

After two young girls were seen car surfing, police in Quebec have fined a 29-year-old La Pêche man and submitted his case to the director of criminal prosecutions to see if charges should be laid.

Two girls aged six and seven were seen July 17 and 18 riding on the hood of a car on Du Lac Vert Road in La Pêche, MRC des Collines police said in a news release. Witnesses called police

and the force says that as a result of an investigation, charges of criminal negligence and child abandonment could be filed.

The man in question is the father of the six-year-old girl, while the other young girl is his spouse's daughter, police said.

Police said the man was fined \$1,264 for allowing a person to be on an outer part of his vehicle.

METRO

Massachusetts

Cardboard cop cuts crime at bike racks

The burly officer watching over the bike racks at a Boston-area transportation hub is a real stiff.

As part of an effort to cut crime at the Alewife MBTA subway and bus station in Cambridge, Mass., transit police placed a cardboard cutout of a police officer in the bicycle cage. Hundreds

of people use the racks daily.

Deputy Chief Robert Lenehan says the fake cop, along with video cameras and a new lock, has cut bike thefts by 67 per cent.

It's also a money saver. Lenehan estimates it would cost \$200,000 a year to have an officer watch over the cage full-time.

The cutout is actually a picture of real MBTA Officer David Silen.

THE ASSOCIATED PRESS

Senator steps down over health troubles

A timely departure?
Liberal party insists Zimmer's exit not tied to expense scandal

A Liberal senator who made headlines in 2011 when he married a woman more than four decades his junior is stepping down amid ongoing health concerns.

Rod Zimmer's departure, made known in a letter to the Governor General, was circulated around the Senate on Tuesday, and comes against the backdrop of an ongoing scandal over improper expense claims.

A spokesman for Liberal Sen. Jim Cowan, the leader of the Opposition in the Senate, says Zimmer's resignation is strictly health related and has nothing to do with the ongoing expense review.

His resignation letter was



Rod Zimmer and his wife, Maygan Sensenberger, appear in this undated Facebook photo. FACEBOOK

submitted late Friday and took effect immediately, according to a copy of the notice, obtained by The Canadian Press.

Zimmer, 70, has represented Manitoba in the upper chamber since being appointed in 2005 by former prime minister Paul Martin.

Zimmer has been in and

out of hospital several times this year, most recently in May with a respiratory ailment. He also spent nearly three weeks in hospital last spring battling pneumonia. Prior to being appointed to the Senate, he was diagnosed in 2003 with throat cancer but bounced back.

A spokeswoman for Lib-

Trouble in the skies

The senator's wife, an aspiring actress, was found guilty of causing a disturbance during an Air Canada flight to Saskatoon last year

- Passengers stated Maygan Sensenberger threatened to slit Zimmer's throat but she claimed she was upset because her husband appeared to be having a heart attack.

- Zimmer supported his wife throughout the court proceedings and insisted repeatedly that he never felt threatened by her actions.

eral Leader Justin Trudeau says Zimmer notified him ahead of time about his intention to leave. THE CANADIAN PRESS

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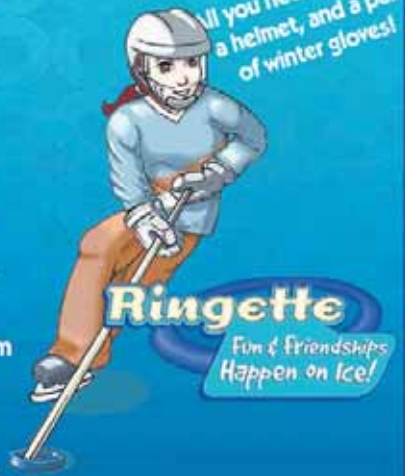
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Skateboard culture thriving in Havana

Subculture. Sport was imported to Cuba about three decades ago by children of diplomats and others sent abroad

Some call Che Pando the godfather of Havana's skateboarding scene, and the 40-year-old tattoo artist can still recall

how tough things were in the 1980s when he and a handful of other pioneers first started shredding in public squares. Interest in such an American import marked the skaters as socially suspicious, and sometimes for rough treatment or arrest by police.

"It was difficult because we were misunderstood by most people," added Pando. "They used to kick us out every-

where."

Attitudes have largely done a 180 and today a small but thriving urban tribe of pierced youths prowls Havana's streets, looking to have fun and, just maybe, land the perfect trick.

Familiarity has come through high-profile visits by professional skateboarders and brands such as Red Bull; a brief partnership with a local cigarette company that helped

build a skate ramp, and a series of semi-sanctioned or at least tolerated trick competitions. A program documenting skaters' lives even aired on state television, the official arbiter of all things acceptable.

Still, in this Communist-run country, few can afford skateboards that can cost north of \$100 and there's not a single store here that sells boards or supplies. **THE ASSOCIATED PRESS**



Yoany Perez, 23, competes at an event in Havana on July 25. **THE ASSOCIATED PRESS**

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The Blob. Mound of fat, waste found in U.K. sewer

It may look like an iceberg, but there's nothing cool about it.

Utility company Thames Water in London says it has discovered what it calls the biggest "fatberg" ever recorded in Britain — a 15-ton blob of congealed fat and baby wipes lodged in a sewer drain.

That's enough "wrongly flushed festering food fat mixed with wet wipes" to fill a double-decker bus, the company said.

Thames Water deals with fatbergs all the time, thanks to the widespread use of household oil and food fat. But few reach the mammoth size of the one found in the London suburb of Kingston.

But with 108,000 kilometres of pipes to monitor, and fatbergs forming around even a few wipes that catch on to a corner or wall, Thames Water says it must be vigilant.

This blockage — built up over an estimated six months — was discovered after residents nearby were unable to flush their toilets.

Examination found that the mound of fat had reduced the sewer to just five per cent of its normal capacity.

The company released video footage of the fatberg, filmed by a remote vehicle gliding through the sewer.

THE ASSOCIATED PRESS



This image shows part of a 15-ton lump of fat and other debris the size of a bus coagulated inside a main London city sewer. **THAMES WATER/THE ASSOCIATED PRESS**

Far from perfect

Children's Place sorry for selling offending T-shirt

The Children's Place has stopped selling a T-shirt that sparked complaints of sexism. The girls' shirts said "My best subjects" and had checks in boxes next to shopping, music and dancing, but not math. Under, it said, "Well, nobody's perfect."

The retailer tweeted it was pulling the shirt and apologized "to anyone we may have offended."

THE ASSOCIATED PRESS

Russia

High court cuts prison term for oil tycoon, partner

Russia's highest court on Tuesday reduced by two months the 11-year prison terms for former oil tycoon Mikhail Khodorkovsky and his business partner, who had asked the court to overturn their verdicts and release them immediately.

Their lawyers said they would appeal the ruling, which upheld the verdict. The pair were convicted of evading taxes.

THE ASSOCIATED PRESS

Smart toilets a stinky idea, expert argues

There's an app for even that. Analyst says new porcelain throne, which can be controlled remotely, is overflowing with bad and unsafe features

KATHRYN GILBERT
Metro World News

During technology security firm Trustwave's Home Invasion 2.0 presentation, a startling revelation was made: Using a smart toilet isn't all that safe. The remotely controlled Satis toilet can be operated by anyone with the complementary app, meaning it's ripe for mischief-making. Metro spoke to managing consultant Dan Crowley, who discovered the breach, about the toilet, as well as another worrying way in which your home can be hacked.

So, tell us about the toilet. All that anyone has picked up on is the toilet, and it was actually the least important thing in that talk — I unlocked a door on a stage, and still the media only mentions the toilet.

OK, but let's discuss the toilet for a minute — have you actually heard of anyone hacking it?

It's funny you say that, as I went to this party after the presentation and I met a guy there who was very excited to see me. The toilets at this Vegas hotel were smart ones, and people were stealing all the water from them!

But do you think anyone would actually do any real harm with the hack? Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health. That's where it could be serious. I don't want to over-blow it, though.

Knowing what you now



"Say a prime minister or president has a smart toilet. It keeps records of your bowel movements, and so people could discover stuff about their health," says Dan Crowley, managing consultant of technology security firm Trustwave. GETTY IMAGES/ISTOCK

know, would you use a smart toilet?

To be honest, I don't think I would've used it before the presentation, but I'm doubly wary now.

You said the toilet was the least important discovery you made. What was the most important?

I found you could hack into Vera Lite (home-automation system), so you could enter someone's home when they're not around. The first time I contacted Vera Lite to tell them, they didn't respond, just like the toilet company. They're working with me now, though, since all the press attention.



Flush it! The remotely controlled Satis toilet brings technology, and possible privacy concerns, into the loo. METRO WORLD NEWS

Focus on first-class. JetBlue cuts legroom, in coach only

JetBlue Airways will cut one inch of legroom from its coach seats on transcontinental flights to make room for a new first-class cabin that will feature lie-flat beds.

The New York-based airline unveiled plans Monday for its first premium service on flights between New York and Los Angeles and San Francisco. It's part of a larger effort by the carrier to attract business travelers, who pay more for last-minute flights.

The new seats will debut on Airbus A321 planes in the second quarter of 2014. The

planes will have 16 seats in the front cabin and 143 in the back. JetBlue planes currently have 34 inches from one row of coach seats to the next. That will shrink to 33 inches in the new configuration, said spokeswoman Tamara Young.

New slimmer seats, similar to what other airlines are installing, will help with the adjustment.

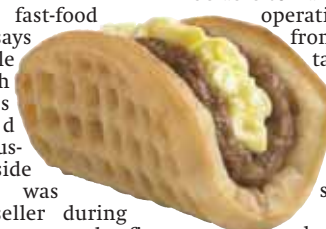
"With our new slimmer seats, we actually maintain the same amount of industry-leading living space," Young said in an email.

THE ASSOCIATED PRESS

Think outside the cereal bowl. Taco Bell expanding test of waffle tacos in U.S.

Taco Bell says it's expanding its small test of waffle tacos, as it prepares to take its breakfast menu national in the U.S. sometime next year.

The fast-food chain says the waffle taco, which includes scrambled eggs, sausage and a side of syrup, was the top seller during breakfast hours at the five Southern California restaurants where they were tested earlier this year. Now the company wants to see how it would fare on a bigger scale; the waffle tacos and a full breakfast menu will be expanded to about 100 restaurants in Fresno, Calif.; Omaha, Neb.; and Chattanooga, Tenn., starting Thursday.



Brian Niccol, president of Taco Bell, said the idea is partly to get a better sense of how well restaurants will be able to handle the added operational pressure from the waffle tacos. "You only get one shot when you go with big items," he said.

Taco Bell already offers breakfast at about 850 locations in 10 Western states and has been tinkering with new items such as the waffle taco before rolling it out to its 6,000 U.S. locations. Also being tested in the additional locations starting Thursday are a yogurt parfait and oatmeal.

THE ASSOCIATED PRESS

Espresso and prostitutes

Accused owner of drive-thru brothels sues cops for cash

A woman accused of using her espresso stands as drive-thru brothels is suing the city of Everett, Wash., to recover \$250,000 she says was wrongfully seized.

Carmela Panico owns the Java Juggs and Twin Peaks "bikini baristas." She was arrested in June and accused of promoting prostitution, but she has not been charged.

The cash was seized in a search of her home in Washington state.

THE ASSOCIATED PRESS

Market Minute

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MORE MONEY THAN ... WELL, ME

What fun it must be to be a multibillionaire!
You can pretty much buy anything or do anything you want.

Consider Jeff Bezos, the founder of Amazon.com, net worth \$25.2 billion US and the world's 19th-richest person. He just bought the Washington Post, one of America's most respected newspapers, for \$250 million US out of his own pocket.

That's not quite as much as the Qatar royal family paid for Paul Cézanne's *The Card Players*: \$259 million for the painting, one of five in a series, immediately making it the highest price ever paid for a work of art. For the rest of us punters, there's one in the Musée d'Orsay in Paris that looks just like it, and it costs only nine euros to get in. Look, but don't touch. If so inclined, the Qatar royal family can smear their Cézanne with ketchup.

Speaking of ketchup, billionaires are not only interested in buying interesting stuff—they also like to make interesting



JUST SAVIN'
Paul Sullivan
metronews.ca

you can't buy that kind of cool, can you? What am I saying? Of course you can!

Of course, some billionaires prefer to continue to squander their wealth on conventional toys. Russian oligarch Roman

stuff. Just the other day, Sergey Brin, one of the Google billionaires and the world's 21st-richest person, funded the creation of a test-tube hamburger. An ordinary person would hit the drive-thru, but when you're a billionaire you can get them to whip up magic meat in the lab that tastes almost like the real thing, and no animals were harmed in the making of this burger. I wonder how much it would cost to create real bacon from scratch?

When ordinary people plan a surprise birthday party, it's a big deal if they rent a clown. When Lululemon founder Chip Wilson threw a surprise birthday party for his wife over the weekend, he rented the Red Hot Chili Peppers. He's only the world's 490th-richest person, but

Abramovich, the world's 107th-richest person, bought a yacht called the Eclipse for (once it's all outfitted) a rumoured \$1.5 billion. Hard to believe, but at 162.5 metres, it's only the world's second-longest privately owned yacht. The longest is the Azzam, rumoured to be owned by powerful Saudi billionaire Al-Waleed bin Talal, the world's 26th-richest person.

Both the Eclipse and the Azzam are monuments to excess (or is that excessive monuments?). The Azzam is longer than a British Type 45 destroyer. The Eclipse has not one but two helicopter pads, carries a mini-sub on board and requires a crew of 70 to operate it.

Not every billionaire is so conspicuously consumptive. Speaking of ketchup (again), Warren Buffett, the world's fourth-richest man, just bought ketchup-maker Heinz for \$23.2 billion. Even though Buffett is the richest man in America, he still lives in the same house in Omaha he bought in 1958 for \$31,500.

Oh, and thanks to Bezos and his most recent purchase, Buffett's shares in the newspaper's parent company have increased in value 9,000 per cent.

Some multibillionaires just like to collect ... more money.

ZOOM

That steam engine is so crochet



SLAWEK FIJALKOWSKI

Artist crochets entire locomotive

The daily commute would be a cosy prospect if all trains looked like this. Textile artist Olek (a.k.a. Agata Oleksiak) has completed her largest

piece ever, a Px48 steam locomotive and carriages covered in crochet. The Polish-born artist worked around the clock for two days in Łódź, Poland, to cover the train in yarn.

METRO WORLD NEWS

Q and A

It's old and new



OLEK
Artist, 35, born in Poland

What does it represent?

For me, it stands for my home nation of Poland. People here want change and to see new things. But we still have an older generation with an old-fashioned mentality.

Clickbait



LUKE SIMCOE
Metro Online

Unlike Facebook, Twitter doesn't require that you register with your real name. The nod to the kind of fluid identity that characterized earlier social networks has given rise to a plethora of parody accounts, ranging from brilliant satire to crude portrayals of Twitter's better-known users. Here are just a few that caught Metro's eye.

@PippaTips

A send-up of Pippa Middleton's much-derided *Celebrate* party-planning book, this parody account of Kate's lesser-known sister offers helpful advice like "headache tablets can be great in helping deal with a headache." Rumour has it that Pippa is considering legal action to have the account taken down.

@feministstswift

Taylor Swift's troubles with boys have been highly publicized, but this parody account sheds light on the Red singer's struggle against patriarchy, mashing her lyrics together with insights about sexism and social justice. Let's just say it puts the gender in Trouble.

@TOMayorFrod

Politicians have always been ripe targets for satire, and who better to skewer than embattled Toronto Mayor Rob Ford. As Mayor Frod's subtle name change suggests, the account walks a fine line between parody and truth and has more than once been mistaken for the real deal.



DARRON CLIMMINGS/THE ASSOCIATED PRESS

Twitter



@BatestonBeauty: Unfortunately, you can't ban accidents.

@metropicks asked: A town is shocked after a python killed two boys. Should Canada ban exotic pets? Which ones?

@jasminshirazi: I thought there already was a ban on dangerous/exotic pets? This is so sad, and the lack of a ban is ridiculous.

@EilishMcL: like registered day homes, food and health inspectors; regulate & inspect housed exotic animals regularly & sporadically.

@HulaNova: YES! All of them. They are not domestic creatures and they belong in the wild!

@matdey1980: Canada, land of cats and dogs only! You might want to double check the full list of exotic pets

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: halifaxletters@metronews.ca

Movie review

We're the Millers

Director. Rawson Marshall Thurber

Stars. Jennifer Aniston, Jason Sudeikis

Ex-SNLER Jason Sudeikis plays Dave, a low-level drug dealer who agrees to smuggle an RV load of marijuana from Mexico to the United States to settle a debt. To cover his tracks, he recruits a stripper (Jennifer Aniston), a homeless street punk (Emma Roberts) and a neighbour (Will Poulter) to pose as his family. We're the Millers takes a good idea, mixes in some outrageous performances but spoils the promise of the premise with the last 20 minutes. **RICHARD CROUSE**

Movie review

Percy Jackson: Sea of Monsters

Director: Thor Freudenthal

Stars. Logan Lerman, Brandon T. Jackson, Stanley Tucci

Percy Jackson is feeling the sophomore slump. He saved the world once, but what if that's all he had in him? But a quest to find the fabled golden fleece and save his fellow demi-gods at Camp Half-Blood gives Percy a chance to prove his mettle. It doesn't match the mid-level heights of the original, but part two should satisfy established fans. **IAN GORMELY**

Matt's just taking the boot off his neck

Interview. Damon talks about everything from unreal body images to his value system that has him going against his own best interests



NED
EHRBAR

Metro World News in Hollywood

When Matt Damon saw himself onscreen in Elysium — after months and months of diet and four-hour gym sessions to get him into to sci-fi action hero shape — all he could do was laugh.

"It just looked ridiculous to me," he says. "It's so indulgent, but it's part of the magic trick. I understood why (director Neill Blomkamp) needed me to look like that for that to establish the character. He didn't want any fat on me because he said, 'I want you to look almost Haitian, like you're incredibly fit but you've been working so hard and perhaps you've missed some meals.'"

While it worked for the film, Damon was happy to let the workout regimen lapse.

New looks

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight)."

Matt Damon

On what he looks like in different roles



Matt Damon stars in Elysium, which opens in theatres this weekend. CONTRIBUTED

"It's just not a natural way for somebody to look. These people who look that way are either genetic freaks or they're just living in a gym," he says.

"(My wife) was fine with me buff, but she was fine with me (40 pounds overweight) on The Informant! I think she just likes variety."

While he might not find it easy to relate to the look of his character, Max — an ex-con factory worker taking on the rich and powerful on their satellite sanctuary, Elysium, which is orbiting the ravaged slum Earth has become — he can at least understand him emotionally and intellectually.

"He's doing the best he can in a world that's getting increasingly difficult to live in," Damon says. "I think a lot of people can relate to

that in this kind of prolonged economic downturn where it feels like the world keeps putting its boot on your neck a little more forcefully every day."

Speaking of the current state of the world, Damon has never been one to shy away from addressing political issues, and Elysium offers him a great chance to talk immigration, one of the major themes in the film.

"Look, it's a nation of immigrants and I'm from a family of immigrants, so yeah, clearly they're going to have to figure that one out," he says.

"But the politicians don't talk about it at all. They just see it as an issue where with the polling on it, they're just confused on which way to go. So the Republicans just send out Marco Rubio to speak

Spanish to everybody."

No to suggest, though, that Damon thinks he has all the answers.

"I don't have a comprehensive immigration plan, no. But I can work on it," he says.

As for relating to the have-nots, like his character in the film? "F— them," Damon offers with a laugh.

"No, at least in my case I think the values that I have are consistent with the values I was raised with. I vote against my own self-interests constantly. I campaign against my own self-interests. If you're born with a silver spoon in your mouth, you're probably more likely to be the Koch brothers and think that you shouldn't pay taxes on things. I think it's just a question of where you come from."

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Lohan being very careful at crafting post-rehab image

Lindsay Lohan is looking to turn over a new leaf post-rehab, and she's doing it in New York City. The troubled actress has reportedly been apartment hunting in SoHo, according to E! News.

"The goal is to have her sober coach live with her full-time," a source says.

Her L.A.-based sober living coach — described by

sources as "really fun" but "very strict" — would have to relocate to stay with his high-profile client.

The two were intending to head off on a European vacation this week, but those plans have been postponed.

"(Lohan) doesn't think it is the right thing to do," the source explains. "She is being very smart about all this."



Lindsay Lohan. ALL PHOTOS GETTY IMAGES

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Usher's son nearly died in swimming accident

five-year-old dove into their pool to fish a toy caught in the drain, trapping his hand underwater.

His aunt immediately dove in but couldn't pull him out. A maid also dove in.

Finally, two men working on the house were able to pull him free and give him CPR.

Usher, who was not home at the time of the accident, was able to return home in time to ride in the ambulance with his son to the hospital.

This is the last thing the Raymond family needs. Tameka's oldest son, Kile, from a previous relationship, died last year from a jet ski accident.



THE WORD
Dorothy Robinson
scene@metronews.ca

Sad news today from Atlanta: Usher Raymond V, Usher's oldest son with ex-wife, Tameka Raymond, is in the ICU due to almost drowning in the singer's pool.

According to TMZ, the

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Ski-phobe guide to Banff and Jasper

With ample powder coating runs and majestic snow-capped mountains in the periphery at every turn, powder hounds and ski bunnies flock to Alberta's vaunted National Parks. But you don't have to be into the white stuff to enjoy these Parks Canada jewels.

STORY AND PHOTOS MIKE DOJC
life@metronews.ca



Get up close and personal with a glacier

Sipping from a 400-year-old natural snow cone at the Columbia Icefield's Athabasca Glacier, one of the largest hydrological wonders south of the Arctic Circle, I feel more refreshed than every athlete in every Gatorade commercial ever made.

Journeying along the spectacular Icefields Parkway (a.k.a Highway 93 north) to the borderline of Banff and Jasper National Parks, get ready to step back in time and experience a glimpse of the last ice age when woolly mammoths stomped along the frozen tundra. Tours aboard massive 30-tonne Brewster Ice Explorers (think tricked out Greyhounds with monster truck tires) depart every 15 to 30 minutes from the Columbia Icefield Discovery Centre.

It's an 80-minute adventure and you'll spend a good chunk of that time roaming the icy expanse. While you can cup your hands to imbibe the glacier fresh melt-water, it's best to tote along your own canteen or flask to spare your fingers from turning blue.

Float along the Bow or Athabasca River

While experienced rafters might prefer to paddle, camera-clutching sightseers will likely opt for a float trip, the sweat free alternative. It is as relaxing as a Venetian gondola ride only with the added thrill of the occasional chilly splash of shimmering glacial-silt-laden waters. During my guided float down the Atha-B (as the cool kids call it), the guide jokes that if we take a spill into the cold stuff we better take someone overboard along with us because he only bothers rescuing two or more. While the ride down this Canadian Heritage river is as tame as a kiddie roller coaster, the scenery is eye-popping spectacular and it's easy to imagine that traversing this waterway must have been the biggest perk of being a fur trader back in the day.

Skimming the river, the wild Rocky Mountain landscape unfolds with a cinematic effect. You can't help but gawk at the spruce tree flecked shoreline and mountains so beguiling they appear to be cribbed from the Paramount Pictures logo. The sheer beauty of the wild Rocky Mountain landscape comes alive from a river vantage.

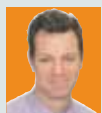


Banff Springs Golf Club cart tour

You don't have to be the least bit curious about the type of grass used on the putting greens to appreciate this Stanley Thompson masterpiece. On the \$25 cart tour you'll drive around the iconic Canadian track scoping out the rocky face of Mount Rundle and the tree covered slopes of Sulphur Mountain while your guide regales you with lore. Devil's Cauldron is a be-still-your-beating-heart-and-break-out-the-easel flagstick surrounded by sheer natural splendor. Featuring a glacial lake and rugged mountain backdrop, the spellbinding par-3 was shortlisted by Golf Magazine as one of the top 18 holes in the world. Another highlight is the horseshoe-shaped bunker on a hole known as The Goat, a sly wink by the designer telling golfers who have the misfortune of being forced to shoot over it, "Good luck." After taking in the sites, even novices will be itching to book a tee time. For experienced golfers looking for a challenge, the area is replete with top notch mountain courses including Jasper Park Lodge, Stewart Creek, and the Canmore Golf & Curling Club, to name a few. Canadianrockiesgolf.ca can set you up for a package deal.

Food

Good eats on the streets



ON THE MOVE
Loren Christie
life@metronews.ca

New bylaws and health regulations governing the sale of street food in cities from Calgary to Montreal have made food trucks this summer's hottest dining trend. Celebrity chef Michael P. Clive recently shared his insights on this unique culin-

ary experience.

Why do you think food trucks have become so popular?

It's TV. No one talked about food trucks before food shows started plugging them. A handful of people who thought food trucks were cool zoomed in on them.

So why have they remained popular?

Food trucks offer a 20 to 25 minute fun meal experience, not the one hour investment plus that a restaurant requires. And on a sunny day,

people want to eat outside. People like to stand around, mill about, talking about their food. People like the diversity of food that's being offering in these food trucks.

Do you eat off food trucks when you travel?

If it's clean. I want to see what the chefs are strutting. I am intrigued with the low overhead (costs of the food truck). I want to see if they are putting more into the food.

How do you know if it's clean? If it's safe to eat



Most major cities in Canada are on the food truck bandwagon. iStock

there?

First of all if they are on the street you have to believe they are abiding by bylaws and regulations. But take your own eyeballs and have a look at cleanliness. I look

for a place that is clean, polished and organized. Do they have a theme worked out with their decor? If they care about the overall appearance, that's a good sign.

3
FREE

Want a room less ordinary? Try California's Madonna Inn

A little whimsy. With its wild-theme rooms and off-the-wall decor, this isn't your run-of-the-mill motor inn

MICHELLE CASTILLO

Metro World News in New York

If you're ever in San Luis Obispo, Calif., you might want to spend a night at the Madonna Inn.

Each of the motel's rooms features a different theme, so there's something to cater to every whimsical desire.

You can go on an adventure in the "Safari Room," have a romantic getaway in "Hearts & Flowers" or even travel to the past in the "Old World Suite."

We talked to Clint Pearce, the president of Madonna Enterprises, to get the scoop behind the hotel.

What's the story behind all the themed rooms at the Madonna Inn?

When the Inn was envisioned in the late '50s, Alex and Phyllis Madonna wanted an experience you couldn't find anywhere else.

They thought it would be fun to make every room different as if each were a unique experience, and wanted to differentiate their Inn from other motor lodges where every room was identical.

Mr. Madonna used to joke that he was worried about making a mistake with the rooms, so if he made each one different at least he couldn't make the same mistake twice.

Exactly how many rooms are there and how many themes?

We have 110 guest rooms, and each is different so I suppose there are

110 themes.

That being said, there are common themes such as old west, nautical, etc., but within the common themes the rooms are vastly different.

What's the most popular room?

The most popular room has always been the "Caveman Room." It started as the Flintstone room but the folks at Hanna-Barbera were protective of that name so it was quickly renamed to Caveman.

Have any famous people stayed at the Madonna Inn? What rooms did they stay in?

Wow, we've had so many celebrity guests throughout the years it's hard to spotlight one.

We also like to keep our guests confidential.

But here it goes: Somewhat recently we had a big

name actor stay in "Pick and Shovel" and had a very big time.

To our housekeepers' surprise, he was usually naked during his stay. He even had unusual requests of concierge, all PG-rated thankfully.

We also had the Playboy Playmates stay with us in the "Love Nest" room. They even filmed part of their reality show on property.

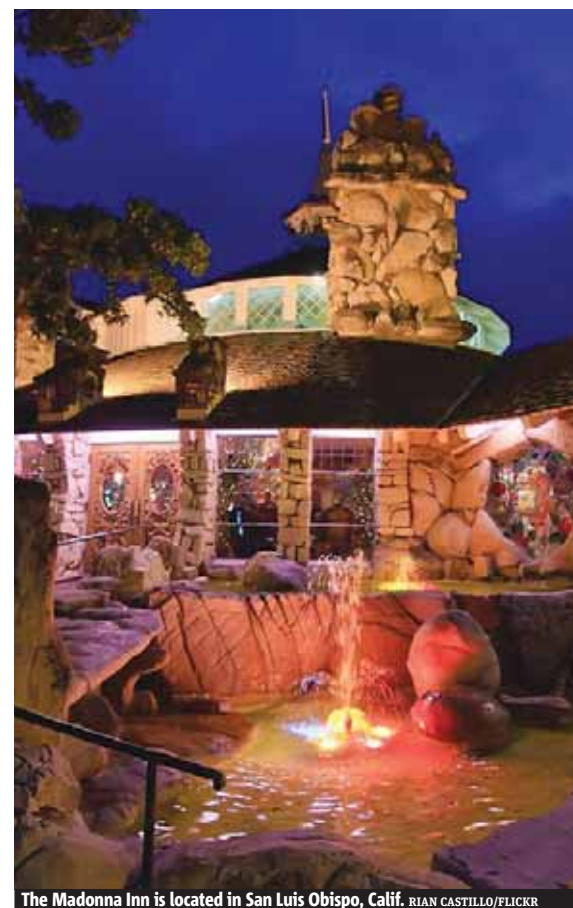
In your opinion, what is the strangest room?

I would say it's "What's Left."

This is actually a room of the bits and pieces of what was left after building all the other rooms.

Do you have any plans to add new rooms or introduce new themes?

Not at this time but you never know what the future holds.



The Madonna Inn is located in San Luis Obispo, Calif. RIAN CASTILLO/Flickr



Hilton Waikoloa Village, Hawaii

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Keep it classic with roasted chicken



ROSE REISMAN
for more, visit
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her on twitter @roseraisman

There's nothing like a wonderfully well cooked roasted chicken. To keep it moist, I like to stuff it with a grain like this orange dried apricot couscous and a velvety apricot glaze.

1. Preheat oven to 400 F spray a roasting pan with vegetable oil.

2. Apricot glaze: Combine all ingredients until well mixed.

3. Bring chicken stock to a boil in saucepan; stir in couscous, cover and remove from heat. Let stand for 5 minutes; fluff with a fork. Add 3 tbsp of apricot glaze along with snow peas, carrots and apricots.

4. Loosely stuff chicken with some of the couscous. Place in roasting pan. Put remaining couscous stuffing in a casserole dish and cover. Set aside.

5. Brush whole chicken with some oil, salt and pepper and 2 tbsp of the apricot glaze. Bake

for 1 hour, or until juices run clear when leg is pierced at thickest point or when temperature reaches 160 degrees F.

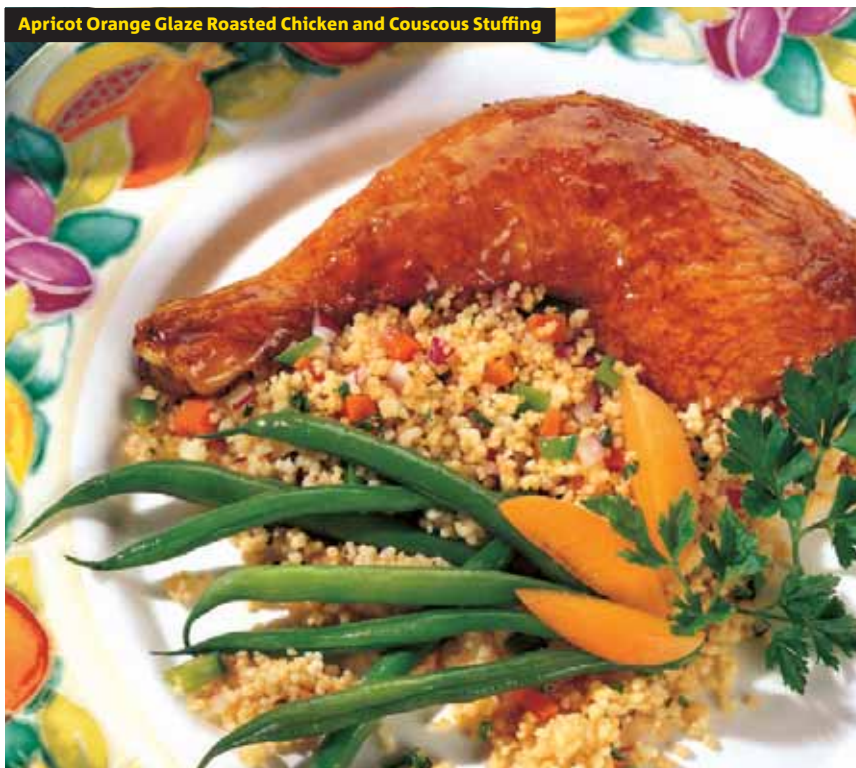
6. Put casserole with stuffing in oven for last 30 minutes of roasting time. Let chicken rest for 10 minutes before carving.

7. Serve chicken with couscous and remaining glaze. **ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN**

Ingredients

- 3 lb roasting chicken
- Apricot Glaze**
 - 3/4 cup apricot or peach jam
 - 1/2 cup chicken stock
 - 3 tbsp orange juice concentrate, thawed
 - 1 tbsp soya sauce
 - 1 tsp minced garlic
 - 1 tsp minced ginger root
- Couscous Stuffing**
 - 1 cup chicken stock
 - 1 cup couscous
 - 1 cup finely chopped snow peas
 - 1/2 cup finely chopped carrots
 - 1/2 cup finely chopped dried apricots

Apricot Orange Glaze Roasted Chicken and Couscous Stuffing



This recipe serves four to six people. MARK SHAPIRO, ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

Drink of the Week

Hennessy Sweet Tea

Try this rich, new take on a classic way to cool down.

- 1.5 oz Hennessy V.S.
- 0.5 oz Grand Marnier
- 2 oz unsweetened cold tea
- 1 oz simple syrup
- 0.5 oz fresh lemon juice
- Garnish with a twist of orange

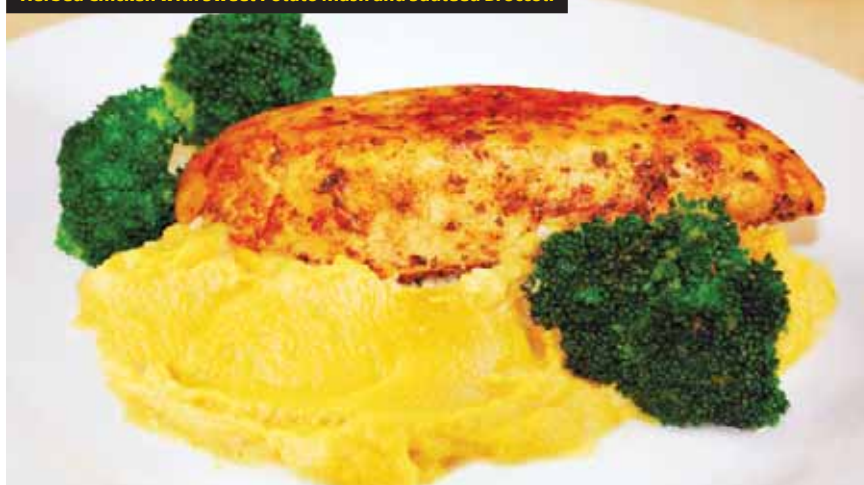
Add all liquids into a shaker tin with ice and shake until well chilled. Strain into a Collins glass over fresh ice and garnish with an orange twist.

RECIPE AND PHOTO COURTESY OF HENNESSY



Ooh, you're so herbaceous! And what a mash!

Herbed Chicken with Sweet Potato Mash and Sautéed Broccoli



This recipe serves four. NEWS CANADA

This recipe is perfect for rainy summer days as the warm, creamy potatoes provide comfort and play the perfect partner to this herbaceous chicken.

1. Preheat the oven to 350 F (180 C) or 320 F (160 C) for convection oven and cook the chicken according to the Maggi pack instructions.

2. About 15 minutes before the end of the chicken cooking

time, place the diced potato into boiling water for 5 minutes, then add the sweet potato and cook until the potatoes are tender. Roughly mash, adding butter, salt, and pepper to taste, then mash thoroughly.

3. Heat the oil in a pan and quickly sauté the broccoli until tender. Cover to keep warm.

4. Remove the chicken from the oven, leave to cool for a

minute then cut the bag open and gently tip the contents into a dish.

5. Slice the chicken breasts into chunky pieces on a board, keeping the chicken breast shape together.

6. Serve the mashed potato topped with the chicken and remaining sauce with a side of broccoli.

NEWS CANADA/ MAGGI

Ingredients

- 4 chicken breasts
- 1 pack Maggi So Juicy Mixed Herbs
- 1 large Russet potato, peeled and diced
- 3 large sweet potatoes, peeled and diced
- 2 tbsp butter
- Black pepper and salt
- 1 tbsp olive oil
- 1 medium head of broccoli, cut into florets

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Are you prone to leaps of labour?

I'm out of this office! Sporting a seriously long CV does not always mean you're a career commitment-phobe

MEGHAN
GREAVES
TalentEgg.ca

In the course of your career, you'll meet a number of people who seem to constantly be finding, starting and leaving jobs.

These job hoppers can have a number of different motivations, so don't be too quick to jump to conclusions about their work ethic.

Here's a list of the most common kinds of job hopper. Are you one of them?

The high achiever

This job hopper's need to be at the top of the ladder is the main reason they constantly switch roles. They want to move up quickly in



How high and far will you hop to reach success? ISTOCK

their industry, which means they're willing to take on roles that hold a higher level of responsibility and accountability.

This could mean working with their employer to develop a career plan or switching employers completely in order to obtain a

higher-level position.

High achievers aren't scared to relocate, leave their current workplace or take on bigger challenges.

The confident mover

- Opportunities that are a far drive or even flight away from home don't deter this job hopper! They aren't afraid to relocate for an opportunity within their company or for a new employer.
- This type of job hopper tends to have the same traits as the high achiever as they also have a strong drive to move up quickly in their company or industry. If this means packing their things and moving across the country, they're up for it!

The dissatisfied searcher

The dissatisfied searcher is an employee who tends to wander before being able to settle down in their career.

This may be because they aren't sure what type of career is for them, haven't developed the background needed for their ideal role or are looking for something that isn't available to them at that particular point in time.

This type of job hopper may have a harder time finding a role they're happy in, as they're always looking for something more.

The got-to-have-it hopper

The got-to-have-it hopper has to be up-to-date and in the know about new opportunities in their field.

This type of hopper is savvy to new career opportunities that are out there and often applies to the ones that pique their interest.

They enjoy applying to different jobs just to see where it could take them. Sometimes this means a new career altogether!

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One, two, three o'clock, four o'clock, stop

Asleep on the job?

There are plenty of ways to avoid getting tired toward the end of your work day

ROSIE
HALES
TalentEgg.ca

It's ironic that your energy drops most noticeably when you're at work, exactly when you need to be alert and focused. Fortunately, there are a few handy strategies that you can use to keep yourself from hitting a wall in the middle of the day.

Watch what you're snacking on

Cookies, chips, doughnuts, basically anything that is satisfying a sugar or carb craving is also going to give you a big sugar hangover later in the day.

If you want to fight off hunger, then high-protein foods are the key to staying awake and alert until you get

home.

Snack on things like fruit, veggies, hummus, cheese and keep processed and sugary foods for the weekend, when you can indulge and then enjoy the nap that will inevitably follow.

Supplementing an already healthy diet with vitamins such as vitamin B and iron can also help keep you awake throughout the day.

Hydrate

If you find that hunger is making you crave the sweet stuff then try drinking instead of eating. No coffee or soda, just water. Good old H₂O can be a good way of a) waking you up and b) filling you up. Research shows that if your body has just two per cent less water than it needs then you'll feel fatigued.

Take a break

Not taking a sufficient break at lunch time can also mean a bigger crash in the afternoon.

If you're constantly working at a computer then the



These eyes are hurting! These eyes have seen a lot of work but they're never going to get a break unless you prioritize your personal health! ISTOCK

screen can exhaust your eyes, making you feel more tired than you actually are. Giving your eyes a 20 second break from your computer screen every 20 minutes is a good rule of thumb. Also, make good use of your lunch hour.

If the weather is good eat your lunch outside or go for a walk or a run. It's a great chance to clear your head and get some exercise in if you can.

Check out your sleep habits

If you're following these tips already and you're still hitting the wall then ask yourself, are you getting enough sleep? The average person needs anywhere between Seven and 10 hours of sleep a night. If you're

Let's get physical!

Get your blood pumping

- Offer to do a coffee run for the office, run up and down the stairs a few times, do some simple stretches — any of these will get your blood pumping and refresh you enough for the rest of the day.
- The increased circulation will help you regain some of the energy you've lost already and it never hurts to give your eyes that extra break from the screen.

cutting corners here, it may be time to stop. Count how many hours you're getting each night and decide if you maybe need to rethink your sleep schedule.

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Tennis

Five Canadians make history at Rogers Cup

It was a record day for Canada at the men's draw of the Rogers Cup.

Milos Raonic, Filip Peliwo, Frank Dancevic and Vasek Pospisil all pulled off three-set victories Tuesday to advance to the second round of the Masters 1000 hardcourt tennis event.

With Jesse Levine's win on Monday, it put five Canadians into the second round — one more than made it that far in 1992.

In the feature evening match on centre court of the \$3.49-million US tournament, the 13th-seeded Raonic, of Thornhill, Ont., used his booming serve to overcome an otherwise so-so outing to defeat France's Jeremy Chardy 6-3, 4-6, 7-5 in his first-round match.

THE CANADIAN PRESS

WTA

Bouchard shines with convincing first-round win

Eugenie Bouchard is being given her share of the spotlight at the Rogers Cup in Toronto. On Tuesday night, she showed that she's ready.

The 19-year-old from Montreal was in fine form for her first-round singles match, posting a tidy 6-3, 6-1 over Alisa Kleybanova. Bouchard mixed up her effective ground strokes with some slick cut shots that left her Russian opponent stymied.

THE CANADIAN PRESS

Rainmen hand the reins over to Terrell

Basketball. Halifax CEO hopes journeyman coach can get NBL team back in playoffs



ANDREW RANKIN

andrew.rankin@metronews.ca

The Halifax Rainmen will have a new face behind the bench this season.

Chris Terrell, a former player development coach with the NBA's Atlanta Hawks, was named the team's new head coach by Rainmen president and CEO Andre Levingston on Tuesday.

"He's as passionate about the game as I am," said Levingston. "The style he likes to play, the high-energy, aggressive defense. Our expectations are very high after a failed season."

Coming off a disappointing campaign where the Rainmen posted a 19-21 record and failed to make the playoffs, Levingston said he thought hard before making his decision.

He said Terrell, who has coached in top-tier leagues in China, Mexico and most recently Romania, reminds him of former Rainmen bench boss Josep (Pep) Claros, who guided the club to the NBL final in 2012.

"It's just one of those comfort feelings I have with him."

Terrell, a Los Angeles native, said he chose Halifax for a number of reasons, including being a little closer to home and the potential for growth with the franchise and league.

"I'm amazed how far the



Newly-hired head coach Chris Terrell brings a wealth of experience to the Rainmen. HALIFAX RAINMEN

league has come in such a short time. It's a new start professionally and personally."

The 41-year-old bench boss grew up watching the historic NBA rivalries of the 1980s, and says he plans to piece together a talented but hard-nosed roster.

"The big part of the intrigue

for the fan base and me personally is the battle between 10 men at any one time, and trying to accomplish territory and position."

There was some thought outgoing coach Rob Spon might return for another season. But ultimately Levingston said Spon, who guided the

Rainmen to a 17-17 record after replacing Cliff Levingston on Nov. 21, wasn't the right man for the job.

"I don't want to make this a Spon-bashing story," said Levingston. "I have nothing bad to say about Coach Spon. Maybe he was just the wrong fit in Halifax."

N.S. soccer team on a roll at Canada Games



Nicole Wambolt, of Hammonds Plains, in action versus Manitoba on Tuesday. COMMUNICATIONS NOVA SCOTIA

Nicole Wambolt heard all the motivation she needed in the athletes' cafeteria in Sherbrooke Que., Tuesday morning.

Just hours before the Hammonds Plains native and her teammates were set to put their undefeated 2-0 record to the test against Manitoba, she overheard one of her opponents predict it would be an easy victory.

Not so.

Wambolt and Nova Scotia's woman's soccer club gutted out a 1-0 victory to earn a spot

in Wednesday's Canada Summer Games semifinal matchup.

"I guess we proved them wrong," she said with a laugh.

Wambolt and company will face off against Quebec at 4:15 p.m. A win sets up a gold medal matchup, a loss gives them a shot at bronze.

"I'm super excited," said Wambolt. "We definitely weren't aiming to come and medal but every province has been underestimating us and we're just taking it one day at a time and we're really excited

about doing so well. We've been rewarded."

Wambolt is well aware that Nova Scotia is the perpetual underdog among the national soccer pack. But she said she and her teammates have used that as motivation. That, and they're gelling at the right time.

"We've been working on attacking for so long and we're finally finishing around the net. We're using our athleticism to our advantage. We're all super excited. To win a medal would mean every-

thing. We've been working on this for so many years."

New Glasgow's Tim Ferris had another great day in the pool, capturing a bronze medal in the 100-metre backstroke in the Special Olympian division. Swimming a personal best 1:20.68, the 17-year-old added to his bronze and silver medal performances on Monday.

Bridgewater's Claire McNally's time of 55.03 was good enough for a bronze medal in the 50-metre butterfly in the Special Olympian division.

ANDREW RANKIN/METRO

The 2014 Cadillac CTS



ALL PHOTOS WHEELBASEMEDIA.COM

Review. Cadillac's mid size sedan lightens up, powers up and grows up

MALCOLM GUNN
wheelbasemedia.com

Cadillac's head-to-head battle with German and Japanese rivals is nothing short of audacious and with the re-energized 2014 CTS joining in, the brand continues to gain newfound respect.

The third-generation CTS joins the new compact ATS and full-size XTS in a constantly evolving lineup and will soon be joined by the electric-powered ELR coupe that will employ a similar powertrain to the Chevrolet Volt. The speed at which these new models are coming to market is dizzying to say the least.

The CTS is being repositioned as a larger model with 13 centimetres in added length and about 2.5 centimetres more between the front and rear wheels. Despite

2014 Cadillac CTS
<ul style="list-style-type: none"> •Type. Four-door, rear-/all-wheel-drive mid-size sedan. •Engines (hp). 2.0-litre DOHC I4, turbocharged (272); 3.6-litre DOHC V6 (321) or (420) •Transmissions. Six-speed (std) and eight-speed (twin-turbo) •Base price (incl. destination) \$52,500

these increases, the CTS's base weight is about 115 kilograms less than the 2013 edition and, according to Cadillac, is now 90 kilograms less than a BMW 528i. Contributing to the reduction is a greater use of aluminum in the manufacturing process, including the door structures.

The interior is equally modern and can be trimmed in seven different material combinations, including genuine wood, carbon fibre and aluminum along with cloth and two grades of leather

Technology

The options list is a lengthy one and includes a 12-inch high-resolution display monitor for operating the infotainment, phone and climate controls. There's also a spoiler-you-rotten electronically locking glove box and a power-operated cupholder lid for the centre console.

Fuel Economy

Best of all, perhaps, is the twin turbo V6's 11.6 l/100 km city/7.6 highway fuel numbers that outdo the CTS-V's rating. By comparison, the 2.0-litre turbo CTS is pegged at 10.5/6.6.

Compare



1 Lexus GS 350
Base price: \$53,900



2 Audi A6
Base price: \$54,500

Design

With its elongated nose and lower profile, the finished design is much more exotic-looking than before, while maintaining Cadillac's knife-edge design cues. The grille maintains its familiar egg-crate shape, but the side air intakes have been enlarged and the fender edges are now trimmed in a row of LED running lights.

er seat coverings. However it's under the hood where the CTS also displays a flair for the dramatic. The choices include a 3.6-litre V6 that produces 321 horsepower and 275 pound-feet of torque. Also available is a turbocharged 2.0-litre four-cylinder rated at 272 horsepower and 295 pound-feet of torque.

The star of the show is a twin-turbocharged version of the V6 that puts out 420 horsepower and 430 pound-feet of torque. This unique-to-Cadillac powerplant anchors

the CTS V-Sport (it's also used in the larger XTS), which is the successor to the hotrod CTS-V sedan.

A six-speed automatic transmission comes with the turbo four-cylinder and the base V6 with all-wheel-drive.

The rear-wheel-drive V6 and rear-drive-only twin-turbo V6 each run with an all-new eight-speed automatic transmission with paddle shifters. The twin-turbo V6 hits 60 m.p.h. (96 km/h) in an impressive 4.6 seconds, which isn't quite CTS-V territory (a

claimed 3.9 seconds), but it should prove quick enough to satisfy most Cadillac owners.

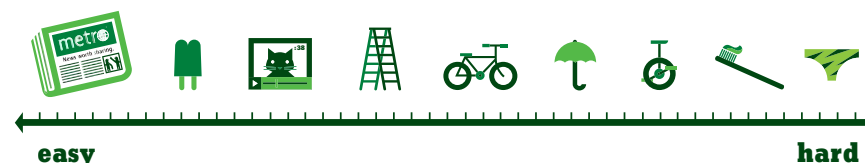
Optionally, you can expect plenty of electronic safety systems and alerts as well as magnetic ride control that constantly monitors road conditions and driving style to provide a comfortable and stable ride. Take a walk around the new CTS and it's obvious that Cadillac is intent on keeping the car as fresh and relevant as possible, and in tune with buyer expectations.

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Sharability



Caution: High-pressure family road trip

Autopilot. Not the smooth Chevy Impala nor the greatest vehicle on the planet could calm the storm that is a long journey with antsy kids



AUTO PILOT
Mike Goetz
drive@metronews.ca

We just completed one of our holiday-related road trips — five hours there, five hours back, with our two kids, now teenagers, in the back. Oh man. We borrowed the spiffy new 2014 Chevrolet Impala for this Ottawa trip. Along the way fellow motorists might have noticed the red Chevy serenely cruising down the highway, but they would not have noticed the ebb and flow of the atmosphere inside of it. Sometimes it was great and exactly the kind of communal

joy you hope for when families hit the road together.

Other times it was just nicely balanced, with everyone just peacefully doing his or her own thing. But a few times it was under pressure and full of that special kind of misery that is only possible when families travel long distances to have fun. Usually our family trips manage to have precious few of the latter experiences, but for some reason, this time out, both teenagers took hard lines over the common but disputed area in the middle of the back seat, where one could lay down a head, or curl up some feet. At first they took turns using that extra space.

Then someone accused the other of slightly contravening the rules of engagement. The other took umbrage. The dispute quickly escalated to an absurd level. The combatants fought with volume and skill and extensive knowledge of the other's weaknesses, honed over years of experimentation and dedication. The parental units tried their best to ignore such

proceedings, knowing that a resolution was not going to be easy to come by amidst the emotion and acrimony, and the last thing the parents wanted to do on a holiday was actual, difficult parenting.

The tension over the initial episode never really subsided during the whole trip.

But ultimately we did have a great little get-away white-water rafting on the Ottawa River. Later, when discussing the fractious driving episode with friends and colleagues, and having them relate their own horror stories from this summer and summers long gone, I noticed that the vehicles in question mattered little. The episodes happened in big, old stations wagons, in nice, new minivans, in little hatchbacks, in roomy sedans.

Technology is working wonders on bettering fuel economy, performance, safety, comfort, reliability, etc., but when it comes to travelling together, no matter what the device, families will be families, and that's just the way it is.



The 2014 Chevrolet Impala does many things, but easing pressure created by travelling families is not one of them. CONTRIBUTED



The new Chevrolet Impala in action PHOTO: GM

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**For those without a Metro, the forecast calls for "I dunno"
with a slight chance of "huhhhh?"**



Horoscopes

Aries

March 21 - April 20

A parting of the ways may be necessary but you know it's for the best. You have important things to do, especially in your career, and you cannot allow personal feelings to come between you and success.

Taurus

April 21 - May 21

It is important that you think only positive thoughts over the next 24 hours. You have such a strong imagination that if you let negative ideas take hold, they could easily become your reality. Don't let that happen.

Gemini

May 22 - June 21

Don't waste time worrying about things that will probably never happen. The more time you spend fretting over minor matters, the less time you have to enjoy yourself.

Cancer

June 22 - July 23

You may want to be critical of someone today but if you are smart you will bite your lip and say something nice instead. You have got to work with this person over the long-term, so don't start a feud.

Leo

July 24 - Aug. 23

Something you have been asked to get involved with may look complicated but it's actually simple. Give it a go and before you know it, you will be the resident expert. Others will admire your dynamism.

Virgo

Aug. 24 - Sept. 23

It does not hurt to be careful but there is a fine line between caution and suspicion and if you cross it today, you may find it hard to cross back again.

Libra

Sept. 24 - Oct. 23

You may be tempted to tackle several things at once today but if you are smart you will take your time and take on one task at a time. That way, at least you'll get one thing finished.

Scorpio

Oct. 24 - Nov. 22

Some people may tell you a job has to be done the way it has always been done in the past. But follow your instincts if they tell you something different.

Sagittarius

Nov. 23 - Dec. 21

You may have to do something you don't enjoy but don't complain. If nothing else, it will make you realize how fortunate you are that you don't have to do this sort of thing each day of your life.

Capricorn

Dec. 22 - Jan. 20

If you are not in the mood to do anything serious today, you must let those around you know at the earliest opportunity. Otherwise, they will load you up with tasks that you don't care about.

Aquarius

Jan. 21 - Feb. 19

Today, you may briefly wish you were somewhere else and doing something less challenging. But, once you get into what you are expected to do you will enjoy it immensely.

Pisces

Feb. 20 - March 20

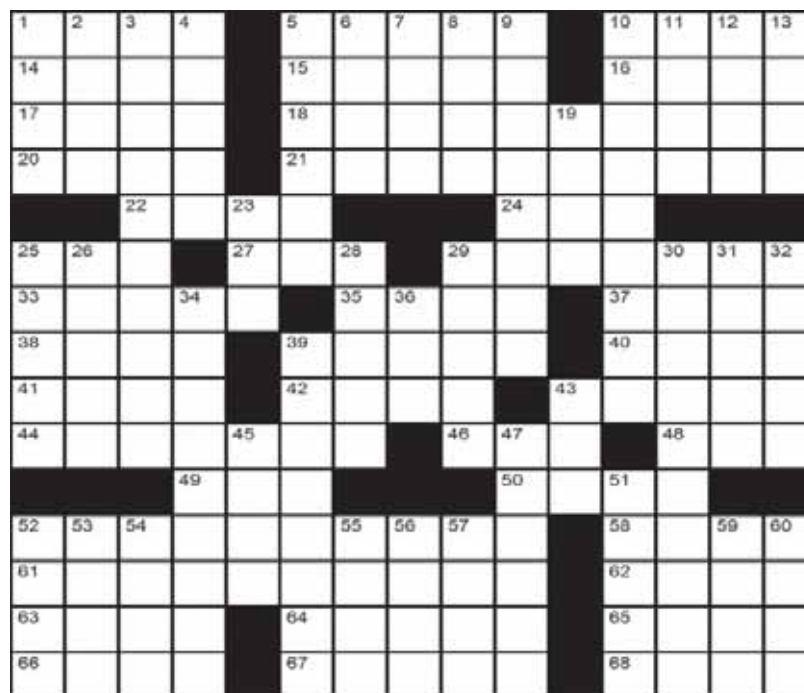
A sudden attraction is likely over the next 24 hours but if you are wise you will keep it on a fun and friendly level. If you let your passions rage, you could end up making promises you don't want to keep.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Zigs pals
5. Closes
10. Dollop
14. Earthen pot type
15. TV series creator Mr. Sorkin
16. River to the Ubangi
17. Don't upset the Sergeant
18. 1942 WWII-set drama starring Greer Garson and #44-Across: 2 wds.
20. Lacking
21. At-home holiday
22. ___ contendere (Court plea)
24. Car company
25. Lettered insurance co.
27. "Go on..."
29. ATV = All-___ Vehicle
33. Haze/pollution mixtures
35. Give the hoodlum a hand
37. Latin pronoun
38. Bull: Prefix
39. Iron
40. Pepper's partner
41. Heraldic border
42. Be part of a mob
43. Scatter
44. Saint John-born actor, Walter ___
46. Tibetan ox
48. "The A-Team" star, ___
49. Aug., Sept., ____



50. "___ Rent Strokes" (Sitcom)
52. Warmed too much
58. Feudal fellow
61. ___ (Weyburn, SK-born author of 1947 novel Who Has Seen the Wind)
62. Region
63. Director Mr. Kazan

64. Deed
65. Wound's remnant
66. Actress Laura
67. War horse
68. "Take this..."

Down

1. Animal attractions
2. Actress Jessica
3. Canadian classical pianist/broadcaster: 2 wds.
4. Authorization
5. Biblical hair guy
6. Rodgers and ___ (Broadway composers)
7. Constellation bear
8. "Skip, skip, skip Lou...": 2 wds.
9. "Lemony ___ A Series of Unfortunate Events" (2004)
10. Randy Bachman,

- for one
11. Actor, Zachary ___
12. Margarine
13. City in Switzerland [var. sp.]
19. "CBC News Now with Reshmi ___"
23. ___ Cruces, New Mexico
25. Put ___ to (Halt)
26. Porcelain piece of Japan

28. "Beyond the Sea" singer Bobby
29. Petulant
30. Home security systems company based in Toronto
31. More maladied
32. ___ (Food packaging meas.)
34. Chant for music-making monks
36. Q. "Alphabet's 15 letter..." A. "That would ___"
39. Defends
43. Jet ___ (Beach watercraft)
45. Genuine
47. Perplexed
51. USB ___ drive
52. Due
53. Mouse-like critter
54. Gulf leader [var. sp.]
55. Take ___ (Be setback)
56. Head: French
57. Canadian plus-size clothing chain, Addition ___
59. Raise
60. Challenge

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

Yesterday's Crossword

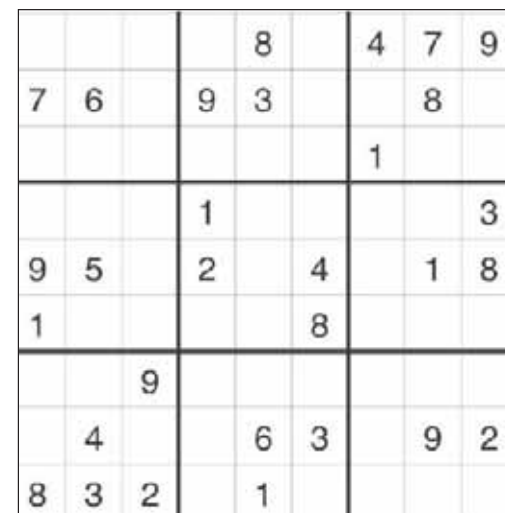


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

25°/13°
Partly cloudy

Thursday

23°/16°
Sunny

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